

71st Annual Conference of The Association of Physicians of India

Hosted by Hyderabad Chapter of API



Translating Evidence to Practice - Indian Perspective

www.apicon2016.in



apicon 2016



Hyderabad



Telangana State

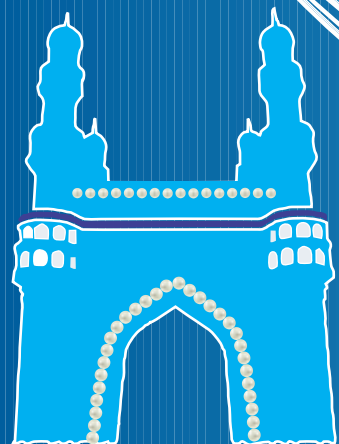
Venue:

Hyderabad International Convention Centre (HICC) &
Hyderabad International Trade Expositions Ltd (HITEX)

Date:

28-31 January, 2016

2nd Announcement



Office Bearers of API And ICP



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Ex-Officio Member	Co-opted Members	
Dean, ICP	Jt. Secretary (President's place)	
KK Pareek (Kota)	Anupam Prakash (New Delhi)	
Invited Members		
Editor-in-Chief, API Text Book		Armed Forces, Medical Services
Sandhya Kamath (Mumbai)		Maj. Gen. BNBM Prasad, SMVSM (New Delhi)
Chairman, API House Committee		Organising Secretary, APICON 2016
Siddharth N Shah (Mumbai)		Mahesh Marda (Hyderabad)
Editor-in-Chief, JAPI		Organising Secretary, APICON 2015
Milind Y Nadkar (Mumbai)		Ashok Taneja (Gurgaon)



Indian College of Physicians Faculty Council (2016 - 2017)

Dean	Vice-Dean	Jt. Secretary (HQ)
Dr. KK Pareek, Kota	Dr. Rohini Handa, New Delhi	Dr. BR Bansode, Mumbai
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Dr. A Muruganathan, Tirupur	Dr. Jayant Kumar Panda, Cuttack	Dr. RM Chhabra, New Delhi
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Dr. GD Ramchandani, Kota	Dr. Rakesh Gupta, New Delhi	
Dr. Gurpreet Singh Wander, Ludhiana	Dr. RK Goyal, Ajmer	



Message from API President



Dr. Rajesh Upadhyay

MD, MRCP (UK), FRCP (Glasgow), FICP, MAMS, FACP(USA)

President, Association of Physicians of India (API)

Senior Consultant & Head

Department of Gastroenterology & Hepatology

Max Super Specialty Hospital, Shalimar Bagh, New Delhi

It is my privilege to invite all physicians, doctors and postgraduate residents to join the deliberations at APICON 2016 being held from 28th-31st January at the picturesque Hyderabad International Convention Centre. 'Translating Evidence to Practice- Indian perspective' is the overarching theme of the conference, a pertinent context in today's healthcare scenario. It also resonates with API's initiative of generating Indian evidence and translating it into clinical practice, specifically suited for the Indian patient population. We have chosen Hyderabad, an erstwhile princely state with a glorious heritage and contemporary, progressive outlook, to congregate and benefit from this scientific feast which is being laid down under the charismatic leadership of Dr. G S Wander, President-Elect and Chairman Scientific Committee of APICON 2016.

The Organising committee with Dr. Mahesh Marda at the helm as the Organising Secretary is also working overtime to provide us with a memorable meeting. The need of the hour for every practicing doctor is to have a sound knowledge and keep abreast of the latest developments in the field of Medicine. Knowledge is the key to success today and it is imperative to constantly update our skills, to know what researches are being conducted in India and focus on the evidence generated in the native country where a doctor manages patients. Moreover, it is pertinent to blend this with the rich experience of our senior physicians and the traditional teaching of clinical skills, passed over generations. APICON 2016 will cater to all the aspects of Medicine to satisfy the scientific appetite of the delegates. There is no doubt that APICON 2016 is set to be a landmark APICON of the highest scientific order, with elaborate arrangements. Best wishes to the organising and scientific committee for the conference. I am confident that attending delegates will have an enriching experience.



Message from the desk of Organising Secretaries

Dear Friends,

Greetings from the Organizing Committee of APICON 2016!

It gives us immense pleasure to invite you and your family to the city of smiles, endearingly called the Pearl City - **Hyderabad**, for the 71st Annual Conference of The Association of Physicians of India "APICON 2016" organized by Hyderabad Chapter of API.

Requesting you to mark your calendar and join us in making this conference a grand success. We promise that you will be enjoying the culture and heritage of Hyderabad while enriching your knowledge. **Hyderabad** has transformed into one of India's prime economic regions. Boasting of a cyber city and state-of-the art, medical facilities, it is home to several of the world's largest corporations, a huge film city and even a dedicated 'edu'city.

Hyderabad has seen centuries of great prosperity and innovation. This 420-year old city is now India's second largest metropolis, and has appealing fusion of the old-world charm and the effervescence of modern enterprise. The magnificent palaces and forts still stand tall, inviting you to experience the glorious history of the past. The royal legacy of the city of Hyderabad waits to embrace you with its warm hospitality and myriad attractions.

The theme of the conference "**Translating Evidence to Practice-Indian Perspective**" will be to use scientific knowledge, studies and guidelines for helping physicians to translate this evidence base into good clinical practices for better patient care. The Chairman Scientific Committee Dr. Gurpreet S Wander and Dean Elect Dr. KK Pareek are putting all efforts to make the scientific program very interesting and interactive.

One of the attractions at the conference will be Hyderabad delight stalls in the conference - a wide range of special cuisines like Hyderabad Biryani, Kababs, Karachi & Osmania Biscuits, Irani Chai and many more.

We are eagerly waiting to welcome you and your family to this grand conference and look forward to every opportunity to make your participation an enjoyable and comfortable one.



Dr. Mahesh Marda



Dr. K Shankar



Dr. Rakesh Sahay



Message from President-Elect & Chairman Scientific Committee



Dr. Gurpreet S Wander

MBBS(Hons.); MD(PGI); DM(Cardio); FICP; FACC; FSCAI; FAMS

Prof. & Head Cardiology

Dayanand Medical College & Hospital, Unit Hero DMC Heart Institute, Ludhiana.

President Elect 2015 : Association of Physicians of India

Past President of Hypertension Society of India (HSI)

Dear Delegates,

The Scientific programme of APICON 2016 at Hyderabad will be prepared keeping in view the requirements of the Post-graduate students, medical teachers and practicing physicians. Besides the Hall A, all other halls will be kept equally important and the sessions will be divided subject wise so as to enable delegates to plan according to the areas of interest.

In unison with our theme “Translating Evidence to Practice-Indian Perspective” the effort will be to use scientific knowledge, studies and guidelines for helping physicians to translate this factual knowledge into good clinical practices for better patient care. The ultimate aim of any scientific deliberation and so also the APICON 2016 will be to help doctors to discharge scientifically correct, practical, possible and ethical care to the patients. The scientific committee from Ludhiana will work collectively in this direction.

We will emphasize on Indian evidence to bring you the good research data that is available from our country. This will also inspire greater research by young clinicians. We intend to cover recent developments of the last few years. We will have foreign experts who are world leaders in their subjects and the top National faculty. We will have a spectrum of sessions which will include workshops, hands on training sessions, didactic lectures, key note addresses, controversies in medicine, introduction to procedures in medicine and a special emphasis on case related problem solving sessions.

Suggestions are invited and welcome from the delegates on my phone number (9815545316) and e-mail (apigswander@gmail.com). Any expert who has contributed significantly and wants to participate is welcome to write. We will also appreciate any topic which the delegates in general would like to be covered. You are welcome to send abstracts for presentations as free papers or poster, the format for which will be intimated in near future.

Let us all get together in preparing an interesting, knowledgeable and clinical oriented scientific programme and the medicine update book for the APICON 2016.



Message from Dean Elect ICP



Dr. K.K. Pareek
Dean Elect ICP

Dear Colleagues

It gives me great pleasure and privilege to invite all of you to the 71st Annual Conference of Association of Physicians of India in the beautiful city of Hyderabad.

Friends, as all of us know that every practicing physician has to keep abreast with the latest advances taking place in medicine. APICON gives you the ideal platform to update, learn and train yourself by interacting with the masters of medicine of national and international repute.

The scientific events of the CME programme on the 1st day of conference are very educative, informative and useful to all delegates on various issues of medicine which are helpful in our day to day practice.

The CME of 2016 will be planned by keeping in mind the practical problems faced by a practicing physician working in urban or in rural areas from basic to the latest updates in medicines. Great emphasis will be given to practical aspects of the disease i.e how one can proceed for diagnosis and management.

The deliberations of CME programme will be addressed by eminent faculties of national and international repute. CME will include panel discussion, workshops on critical care, use of ventilators, how to read investigations, echo cardiograph, electrolytes and so on.

With the great support and help of dynamic and energetic young Dr. Rakesh Sahay and charismatic President Elect and Chairman Scientific Committee Dr. Wander who made wonders in Ludhiyana conference. I assure you to provide intense educative, memorable, extensive and practical CME of great use in our day to day practice to improve the patient's quality of life.

Any suggestions regarding the APICON CME 2016, Hyderabad will be greatly appreciated and welcomed to make the CME educative and useful for practicing physicians.

Looking forward to meet you in Hyderabad.

Organizing Committee

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Chairmen



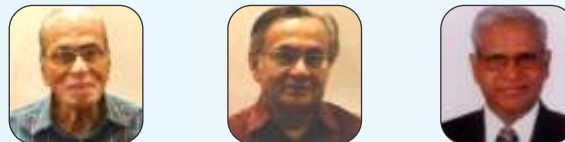
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Conference Co-ordinator



Dr. CH Vasanth Kumar

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Hosted by Hyderabad Chapter of API



Venue: Hyderabad International Convention Centre,
Hyderabad, Telangana State
Date: 28-31 January 2016

Translating Evidence to Practice - Indian Perspective

Registration Form

API Membership No* MCI Registration No.* State Medical Council*

Name*

Designation Gender ☐ M/F

Institute

Address

City Zip Code

State Country

Telephone Std: (R) Mobile*

E-mail* Age

Accompanying Persons (Children above 7 years)

1		Gender ☐ M/F	Age
2		Gender ☐ M/F	Age
3		Gender ☐ M/F	Age

Meal Preference (tick): Veg ☐ Non-Veg ☐ Jain ☐ Accommodation Requirement*: Yes ☐ No ☐

Please write
your name
on the back
of the photo

***Mobile Number & Email ID Mandatory**

Payment Details (Tick whichever is applicable)

Registration Fees	Amount
API Member	
Non API Member	
Accompanying Person	
PG Delegate	
Foreign Delegate	
Corporate Delegate	
Total	

Mode of Payment: Cash ☐ Credit Card ☐ Cheque ☐ Demand Draft ☐

I am enclosing herewith

Cash / Cheque / Demand Draft / UTR No.....

Dated.....

Drawn on

Rupees (in words).....

in favour of "APICON 2016" payable at Hyderabad, India

Date.....

Signature.....

For office use

Receipt No

Receipt Date

Signature

Registration No.

Registration

Registration Fees	Up to (30 Jun'15)	Up to (30 Sep'15)	Up to(31 Dec'15)	Spot
API Member	10000 INR	12000 INR	18500 INR	32000 INR
Non API Member	12000 INR	16000 INR	21000 INR	40000 INR
Accompanying Person	8000 INR	10000 INR	14500 INR	25000 INR
PG Delegate	7500 INR	8000 INR	10000 INR	15000 INR
Foreign Delegate	550 USD	650 USD	900 USD	1000 USD
Corporate Delegate	15000 INR	18000 INR	25000 INR	40000 INR

Bank Transfer Details:

Account Name : APICON 2016	Account Number : 34465893809	Bank: State Bank of India Branch: Osmania General Hospital, Hyderabad
MICR Code: 500002096	IFSC Code: SBIN0010356	Address: OGH Premises, Begum Bazar, Hyderabad - 500012

All the Remittance / Transaction charges are to be paid by the registrant.

The sender's name & Transaction ID must be mentioned in the registration form.

Please email the scanned copy of the bank remittance receipt within 7 days after filling the registration form

Registration Fee Includes	
For Delegates	For Accompanying person
- Conference Kit - Inaugural/ valedictory Functions - Conference Sessions - Lunches on Conference Days - Inaugural dinner & Cultural evening with banquet dinner - Entry for Trade/Exhibition area - Sessions Tea/Coffee - Souvenir	- Inaugural/ Valedictory Functions - Tea/Coffee - Lunch on Conference Days - Inaugural Dinner - Inaugural dinner & Cultural evening with banquet dinner - Spouse Kit Bag - Spouse & Children's programs in Specialty Lounges

Please Note:

- For payment through Credit Card, please add 3.5% bank charges on the total amount.
- Children above 7 years of age will be charged as full accompanying person. Attach Birth certificate.
- PG Students must submit a bonafide certificate from HOD / Institute along with registration form.
- All the Remittance / Transaction charges are to be paid by the registrant.
- In case of Non-realization of Cheque a sum of Rs 250 will be charged additionally.

Registration Guidelines:

- Conference registration is mandatory for registration in workshop & CME
- Accompanying persons & children will not be allowed to the scientific sessions
- Outstation cheques will not be accepted after 31st Dec 2015.
- All the refunds will be given 30 Days after the completion of the conference.
- Birth certificate of the children will be required for age proof.
- For "On the Spot" registrants, delegate kit will be provided subject to availability
- For Spot Registrations: Only Cash / Card Swipe will be accepted.
- Spouse accompanying GC Committee members / Faculty will be charged as accompanying person.
- Kit will be handed over to the registered delegate only. In case of emergency, the kit can be handed over to the authorized person producing authority letter.
- After the conference, no kit, CME book, abstract book or any workshop material will be disbursed to the delegate/associate delegate / PG Student.
- The Registration Confirmation letter will be sent to you within 30 days after the payment is realized.
- Online registration will be closed on 15 December 2015. Further registration will start at the conference venue as "SPOT Registration" category only.
- Registration is mandatory for all.

Cancellation/ Refund Policy:

All request received up to 30th November, 2015 will be processed after the conference & 25% deduction will be applicable.

No refund after 1st December, 2015

Mailing Address:

APICON 2016
4th Floor, Oasis Plaza, Tilak Road, Abids,
Hyderabad - 500001, Telangana State
Email: registration@apicon2016.in,
Contact No.: +91 7093111170/ +91 40 24750997

71st Annual Conference of The Association of Physicians of India



Hosted by Hyderabad Chapter of API



Venue: Hyderabad International Convention Centre,
Hyderabad, Telangana State
Date: 28-31 January 2016

Translating Evidence to Practice - Indian Perspective

Accommodation Booking Form

(PLEASE FILL IN CAPITAL LETTERS)

Title: ☐ Dr. ☐ Prof. ☐ Mr. ☐ Ms. ☐ Mrs.

Full Name*: Age:

Gender: ☐ Male ☐ Female Nationality:

Address*:

City: Pin: State: Country:

Telephone No.: Mobile. No.*:

Email*:

Passport Details (Mandatory for Non Indian Delegates)

Passport No.: Date of Issue:

Place of Issue: Date of Expiry:

*Mandatory field

Hotel Details

Hotel Choice (Please indicate choice in order of preference)

1st Preference:

2nd Preference:

3rd Preference:

Note: Rooms are subject to availability on first come first serve basis.

Type of room: ☐ Single ☐ Double ☐ Twin

*Extra bed on request and chargeable basis.

Check in date: Check out date:

Number of Nights: Special requests (if any):

Mode of Payment:

☐ Online Payment ☐ DD / Cheque ☐ Net Banking / NEFT / RTGS

Payment Details:

a) DD/Cheque

Amount (INR): DD No.:

Dated: Drawn on:

b) Net Banking / NEFT / RTGS

Transaction / UTR number: Transaction date:

Name of Bank:

☐ I agree to terms and condition

Signature:

Terms and Conditions

- ✦ The rooms in listed hotels have to be booked for minimum of 3 nights (28 - 31 Jan, 2016)
- ✦ Above mentioned rates are valid for the bookings till 31st August 2015 and are applicable for registered delegates only (rooms are subject to availability).
- ✦ The revised room tariff will be published on 01st September 2015 and the same will be applicable thereafter.
- ✦ The hotel room rates are valid for APICON 2016 only.
- ✦ Rooms for pre or post conference dates will be confirmed individually.
- ✦ The hotel room rates are applicable on per room per night basis.
- ✦ Room check-in / check-out time is 14:00 /12:00 hrs. In case of early arrival, room (s) to be booked from previous day for immediate occupancy.
- ✦ The rates are inclusive of all currently applicable taxes and buffet breakfast at designated restaurants.
- ✦ Taxes are Government mandated and subject to change / revision.
- ✦ Given rates are exclusive of Airport Transfers, Tips, Laundry, Meals not mentioned, Room Service, Mini bar, phone bills & any other services not mentioned.
- ✦ The booking should be guaranteed by 100% advance towards the room booked.
- ✦ In case hotel of your first preference is not available, room shall be confirmed from the next available preferred hotel and the difference if any shall need to be paid by the guests.
- ✦ Refunds if any will be made within 30 days after the completion of the Event.

Cancellation Policy:

- ✦ Cancellation of rooms before 120 days prior to the check-in – No cancellation will be charged.
- ✦ Cancellation of rooms from 129-90 days prior to the check-in – 01 night cancellation will be charged.
- ✦ Cancellation of rooms from 89-60 days prior to the check-in – 02 night cancellation will be charged.
- ✦ Cancellation of rooms less than 59 days prior to check-in or an eventual No Show, full cancellation will be charged for the duration of the stay.

Mode of Payments:

1. Online Credit Card: (3% transaction fee will be applicable on all online transactions)

Kindly send us the scan copy of 'Accommodation Booking Form' by email at accommodation@apicon2016.in and make the payment through our secure online payment gateway. Please add 3% transaction fee on the total payable amount for any online transaction. Also mention event name "APICON 2016" in the column "Purpose of Payment".

Visit the site for online payment: - <http://www.tcindia.com/onlinepay.aspx>

2. Demand Draft in favour of "TRAVEL CORPORATION (INDIA) LTD." payable at New Delhi

3. If paying by Bank / Wire transfer: Bank Details

Name & Address of Bank : BNP Paribas, East Towers, 25, Barakhamba Road, New Delhi – 110001

Swift Code : BNPAINBBDEL

Beneficiary : Travel Corporation (India) Limited

: 504-505, New Delhi House, 27, Barakhamba Road, New Delhi – 110001

Account No. : 09065 010672 003 29

Please send duly **filled accommodation form along with payment (Demand Draft) or copy of transaction slip (for Bank transfer/ Wire Transfer) to Thomas Cook (I) Ltd** as address mentioned below:

Dr. Mahesh Marda

Organising Secretary, APICON 2016
4th Floor, Oasis Plaza, Tilak Road, Abids,
Hyderabad - 500001, Telangana State
M: +91 7093111171
E: accommodation@apicon2016.in



Mr. Harikesh Lamba

Thomas Cook (India) Ltd.
Plot No 520-Udyog Vihar Phase III,
Gurgaon - 122016, Delhi-NCR, India
T: +91-124 -6120263 | M: +91 9582214421
E: accommodation@apicon2016.in



Accommodation

We have negotiated special discounted rates for accommodation at various categories of hotels, ranging from 5 star deluxe to budget during APICON 2016 at Hyderabad. Being the highly sold out dates, especially hotels near to the venue, may we advise you to book your accommodation at the earliest, as all the rooms are being sold on first come first serve basis. Accommodation can be booked at a hotel of your choice from below mentioned options. Kindly write to us as per details mentioned below for your queries.

S. No.	Hotel	Area	Category	Distance From (Kms)		CPAI - Rates (INR)	
				Venue	Airport	Single	Double
1	Novotel	Hitec City	5 Star Dlx	0	36	Sold Out	Sold Out
2	Taj Krishna	Banjara Hills	5 Star Dlx	12	31	13800	13800
3	Avasa	Hitec City	5 Star	4	36	13225	13225
4	Park Hyatt	Banjara Hills	5 Star Dlx	10	33	11025	12075
5	Sheraton	Gachibowli	5 Star	10	31	11000	11650
6	Vivanta by Taj	Begumpet	5 Star	14	34	10350	10350
7	Hyatt	Gachibowli	5 Star	10	35	9775	9775
8	Marriott	H Sagar Lake	5 Star Dlx	18	35	9775	9775
9	The Park	Hussain Sagar	5 Star	14	34	7500	7500
10	Courtyard by Marriott	H Sagar Lake	5 Star	18	35	8625	8625
11	Holiday Inn Express & Suites	Gachibowli	4 Star	10	29	7475	7475
12	Lemon Tree Premier	Hitec City	4 Star	4	33	9488	9488
13	Marigold	Begumpet	4 Star	13	34	8625	8625
14	Lemon Tree Hotel	Gachibowli	4 Star	9	30	8050	8050
15	Daspalla	Hitec City	4 Star	6	36	7820	8625
16	Oakwood	Gachibowli	4 Star	8	30	7475	7475
17	Greenpark	Begumpet	4 Star	13	34	6900	6900
18	Minerva Grand	Kondapur	4 Star	3	33	6500	6500
19	Minerva Grand	Banjara Hills	4 Star	12	30	5000	5000
20	Minerva Grand	Secunderabad	4 Star	17	33	5500	5500
21	Siesta Hotel	Hitec City	3 Star	3	35	5750	5750
22	Pearl Inn	Gachibowli	3 Star	5	32	4370	5520
23	Gen X Kasani, Hitec (Clarks)	Hitec City	3 Star	4	36	3450	3795
24	Gen X Banjara Hills (Clarks)	Banjara Hills	3 Star	12	30	2875	2875

Scientific Highlights

Theme: Translating Evidence to Practice- Indian Perspective.

The present day challenge for us physicians is, to provide cost effective, high quality, evidence based, scientifically correct, ethical and compassionate care to our patients. We need to generate our own Indian data and look at the western literature from our Indian perspective and then translate it into good medical practices. The gap between evidence and practice has to be bridged so that our patients derive maximum benefit. The Indian practitioners expertise and experience is unmatched. If we can cap it with evidence based Indian trials and guidelines it can be an ideal system. The salient features of the programme will be as follows:

Format: Didactic lectures, key note address, clinical workshops, symposia, debates, controversies in medicine, medical quiz, Indian guidelines on common subjects and buzzer based case discussions.

Disease patterns: Rural & urban diseases, communicable & non-communicable diseases, recently upsurgent infectious diseases.

Special Topics: Genetics & Medicine, Immunology & Medicine, Stem cell Research-current status.

Clinical Relevance: Interpretation of specialised investigations of sub specialities in medicine, indications and follow up by physicians of patients getting interventional procedure of various subspecialities, interesting cases encountered by experts with clinical message for delegates.

Recent Developments: Newer therapeutic agents (drugs & devices) available in our country & in the world, new disease entities realised in the medical field that are being diagnosed.

Comprehensive Journal review: JAPI, NEJM, Lancet, Nature, Science, Indian speciality Journals- landmark publications.

Historical Data: Landmark publications in the past that have changed our practises.

Indian Perspective: Most significant Indian research & publications that have highlighted the differences of Indian pattern of diseases.

Practise of Medicine: Documentation, Hospital information system (HIS), Legal issues in practising Medicine.

National Medical Bodies: ICMR and other important medical regulatory bodies, Standardisation and Accreditation in Medicine.

Changing Knowledge Sources: Internet, Apps & websites of medical literature- How to search and extract information.

INSTRUCTIONS FOR ABSTRACT SUBMISSION

- ✦ Abstract must be submitted online.(www.apicon2016sp.com)
- ✦ In case of difficulty, contact us at apicon2016sp@gmail.com
- ✦ Abstract must be typed single-space in English using atleast 10 point size font and must fit inside the designated space and should not exceed 2000 characters.
- ✦ The maximum characters permitted in the title are 100. Type body of the abstract in order of Introduction, Material, Observations and Conclusions.
- ✦ Authors should be listed by initials and surname.
- ✦ Do not include title, names and institutions name in the body of the abstract.
- ✦ Name of the presenting author should be in bold.
- ✦ Tables and graphs can be included and will be considered as 600 characters each. Photographs/Images/other figures will not be accepted.
- ✦ Please proof read the abstract carefully for factual and spelling errors. The spelling of names, the order of authors and institution name will appear in JAPI as submitted.
- ✦ Standard abbreviations are acceptable. Uncommon abbreviations must be put in parenthesis and proceeded by the full word the first time it appears in the text.
- ✦ The presenting author must be a registered delegate for the conference.
- ✦ **Abstract must be submitted by 31st July 2015.**

About Venue

Hyderabad International Convention Centre (HICC)



Hyderabad International Convention Centre (HICC) is managed by Accor and jointly owned by Emaar Properties PJSC Dubai and Andhra Pradesh Industrial Infrastructure Corporation Ltd. HICC is the first purpose-built and state-of-the-art convention facility, the first of its kind in South Asia. HICC in every aspect, be it infrastructure, services or technology, compares with the best in the world.

Hyderabad International Trade Expositions (HITEX)



HITEX Exhibition Center offers world class convention facilities and services endeavoring to the success of events hosted here. This is a premier purpose-built exhibition and convention center in the fastest developing metropolis in India. With world class infrastructure spanning 53 acres of prime land in the most coveted address in Hyderabad, we are one of the country's best exhibition facilities. Till date, around 1000 global and national events have been successfully hosted at HITEX.



About Hyderabad

Hyderabad, City of Pearls, is like an elderly, impeccably dressed princess with really faded, really expensive jewellery. Once the seat of the powerful and wealthy QutbShahi and AsafJahi dynasties, the city has seen centuries of great prosperity and innovation. Today, the 'Old City' is full of centuries-old Islamic monuments and even older charms. In fact, the whole city is laced with architectural gems: ornate tombs, mosques, palaces and homes from the past – some weathered and enchanting, others recently restored and gleaming – are peppered across town.

Like many Indian cities Hyderabad has a tropical climate. The best time to visit the city is from mid-November to mid-February. Temperatures are mild with abundant sunshine during this time and average temperature range from a low of 15°C (59°F) to a high of 29°C (85°F).

Telugu (the state language of Andhra Pradesh and one of India's six living classical languages) and Urdu are widely spoken in Hyderabad, and most educated people speak Telugu, Urdu, Hindi and/or English.

English signs are common.

Hyderabad is blessed with a **unique landscape** – spectacular rock formations which are about **2,500 million years old**; amongst the **oldest** and **hardest rocks** in the world. Rocky and hilly regions around the city are under obliteration for urbanization. Granite ridges and hillocks weathered into **picturesque** balancing forms are a part of the **Deccan Shield area**. **Grey and Pink Granites are among the world's oldest**. Crops are commonly grown in the surrounding paddy fields. The city's soil type is mainly red sandy with areas of black cotton soil. Hyderabad falls in the seismic zone-I and is seismically least exposed to earthquakes.

The highest point in the city is **Banjara Hills**. The contour level falls gradually from west to east creating almost a trough near the Musi River which runs through the city. This natural feature has facilitated water supply by gravity.

Hyderabadi cuisine

Hyderabadi cuisine is a princely legacy of the **Nizams of Hyderabad**, India. The city was founded by the **Sultans of Golconda**, who have developed their own cuisine over the centuries. It is heavily influenced by **Turkish (Biryani)**, **Arabic (Haleem)**, **Mughlai** and **Tandoori**, with considerable influence of the spices and herbs of the native Telugu and **Marathwada** cuisine. The Cuisine also contains city specific specialities like **Aurangabad (Naan Qalia)**, **Gulbarga (Tahari)**, **Bidar(Kalyani Biryani)** etc.

The cuisine emphasises the use of ingredients that are carefully chosen and cooked to the right degree and time. Utmost attention is given to picking the right kind of spices, meat, rice, etc. Therefore, an addition of a certain herb, spice, condiment, or combination of all these add a distinct taste and aroma. The key flavours are of coconut, tamarind, peanuts and sesame seeds which are extensively used in many dishes. The key difference from the North Indian cuisine is the **presence of dry coconut and tamarind** in its cuisine.



Places of Interest

CHARMINAR



Charminar is one of the most visited places in Hyderabad for its beautiful minarets views. Charminar was built in 1591 by Mohammed Quli Qutb Shah and is a beautiful structure with four intricately carved minarets. The city is often identified with the majestic Charminar, which stands at the centre of the old city in its entire splendour amidst the colourful shops of Ladbazaar with its glittering traditional bangles, often called "The Arc de Triomphe of the East", tales has it that the emperor Quli Qutb Shah interceded for the end of plague and took the vow to develop a Masjid on that very own position. Real to the emperor, the city started into a functionality of two cultures. In 1591 while installing the foundation of Charminar, Quli prayed: Oh God, provide unto this city peacefulness and success. Let an incredible number of men of all castes, creeds and belief systems create it their residence. Like fish in the water. It is considered there is an undercover tunnel linking Golkonda to the Charminar, to allow the Qutb Shahi vips to break free during difficulty. The actual position of the tunnel is mysterious.

GOLCONDA FORT QILA



Originally a mud fort founded by the Kakatiya Kings of Warangal during the 13th century, Golconda attained glory under the Qutub Shahi dynasty (1518 to 1687). This is where the priceless Kohinoor diamond was found. One of the famous forts of India, an added attraction here is an enchanting sound & light show in the evenings. One of the most interesting look of Golconda Fort is its system of acoustics. The sound of hands clapped at the entry gate can be heard clearly at 'Bala Hissar', the highest point, a kilometre away. The timings of the show are different during summers and winters. During November–February, the shows begin at 6:30 pm, and during March–October, the shows begin at 7 pm. On Wednesdays and Sundays the shows are presented in English; on Tuesdays, Fridays, and on Saturdays, in Hindi; and on Thursdays, Telugu.

RAMOJI FILM CITY



Ramoji Film City is the world's largest integrated film studio complex at over 2,000 acres of land. It is also a popular tourism and recreation centre, containing both natural and artificial attractions. It is situated on Hyderabad - Vijayawada, highway, about 25 km from Hyderabad. A Japanese garden, the ETV planet (a multi-purpose editing suit), a pool, artificial waterfalls, breathtakingly accurate airport terminal, hospital set, railway station, churches, mosques and temples, shopping plazas, palace interiors, chateaus, rural complexes, urban dwellings, and a winding highway are some other places for tourists to visit. For shopping you have some nice handicrafts, pottery & decorative articles to purchase.

QUTB SHAHI TOMBS



The Qutub Shahi Tombs is the funeral land of the seven kings of the Qutb Shahi empire are located at Ibrahim Bagh Tolichowki near Golconda fort. The tombs are very well-known among travellers coming to Hyderabad. The Qutub Shahi Tombs are the best combination of Native Indian & Persian architecture forms, designed in greyish granite designed with beautiful artwork. These tombs are said to be the oldest historical monuments in Hyderabad. They form a large group and stand on a raised platform. The tombs are built in Persian, Pathan and Hindu architectural styles using grey granite, with stucco ornamentation, the only one of its kind in the world where an entire dynasty has been buried at one place. Timings: 9.30 am - 6.30 pm Entry Fee: Rs. 10 to 20 for Indian Nationals, Rs. 100 for Foreign Nationals.

HUSSAIN SAGAR LAKE



One of the biggest man-made lakes is situated at Hyderabad. Its uniqueness lies in the fact that it connects the twin cities of Hyderabad and Secunderabad. A famous monolith of Lord Buddha is installed at the center of the lake. Hussain Sagar Lake is popularly known as the Tank Bund, a major spot of tourist attractions. The Hussain Sagar was constructed on a tributary of the Musi river by Hussain Shah Wali during the reign of Ibrahim Quli Qutub Shah in 1562. It is a sprawling artificial lake that holds water perennially. Every Sunday cultural programmes are conducted by the Department of culture in the evenings and admission is free for the public. Boating & Water Sports are a regular feature at Hussain Sagar.

Places of Interest

FALAKNUMA PALACE



The palace is spread out in a scorpion shape with two pincers spread out as wings on the north. The middle part occupies the main building. The Harem quarters and the kitchen stretch towards the south. The palace was designed by an Italian architect in western style, and took 9 years for construction, and is completely built with Italian Marble. The foundation stone was laid on 3rd March 1884. Falaknuma houses a collection of rare treasures collected by the Nizam including paintings, furniture, statues. The Jade collection of the Palace is unique in the world. The palace also has a library containing most valuable collection of books and manuscripts. The Palace also has the distinction of having a 100-seat dining table. The Palace is now converted into a heritage hotel by the Taj Hotels group.

BIRLA TEMPLE



The various Birla Mandirs constructed across the country were built by the industrialists Birlas. Sri Venkateswara or Lord Lakshminarayana, is the deity of these temples. Strangely, however, these temples are known by the family that undertook the noble cause. The Birla Mandir in Hyderabad is built on the 280-foot-high hillock of Kalapahad. Birla Mandirs are constructed entirely using marbles. It is believed that it took 2000 tonnes of white marbles brought from the Indian state of Rajasthan to complete this holy place. The intricate marble carvings blending the South Indian architecture, Utkal temple architecture and Rajasthani architecture is simply amazing. The view from the highest level offers the viewer a spectacular view of the Hussain Sagar Lake and the Public Gardens and Lumbini Park.

SALAR JUNG MUSEUM



Housing the largest one-man collection of antiques in the world, the Salar Jung Museum encompasses global artefacts dating back centuries. The Museum was established in 1951. Situated on the southern bank of the river Musi, the Salar Jung Museum is not far from the other important monuments of the old city. Salar Jung Museum is a repository of the artistic achievements of diverse European, Asian and Far Eastern countries of the world. The major portion of this collection was acquired by Nawab Mir Yousuf Ali Khan popularly known as Salar Jung III. The zeal for acquiring art objects continued as a family tradition for three generations of Salar Jungs.

SNOW WORLD



Snow World is one of the most unique, intriguing and captivating attractions in the entire city of Hyderabad. This creative destination is a beloved favourite among all visitors, and offers a splendid opportunity and experience to all. With the warm, summer atmosphere of Hyderabad, no one would expect to stumble across an amusement park that allows it to snow! As the biggest snow park in the entire world, this is truly a great place to capture memories in. Enjoy the pleasures of tobogganing, skating and snow ball fights all arranged here at Snow World in Hyderabad.

SHILPARAMAM



Another attraction at Madhapur besides Hi-tec city in Hyderabad is the 30-acre village, which showcases arts and crafts of the country. India is an ocean of various arts and crafts but the talent of most of the artisans and artists goes unrecognized. To encourage them and give the necessary boost to their art, the crafts village hosts annual bazaars, where artists and artisans from all over the country exhibit their talent.

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Local Sightseeing Tours - Hyderabad City

Lt01 : Full Day City Tour (Timing: 0900 – 1700 hrs)



You will visit all the famous historical places in one day. Visit Birla Mandir then go to Charminar, see Mecca Masjid and later visit Chowmahalla Palace. Later enjoy shopping in Laad bazaar the oldest bazaar for bangles and pearls in Hyderabad. Moving towards evening visit to Salarjung Museum, Quli Qutub Shahi tombs the graves of Hyderabad kings, later climb the Golconda Fort, visit (or take a boat ride- if time permits) in Hussain Sagar lake to get a clear view of lord Buddha Statue & enjoy the delicious dinner in paradise restaurant

Lt02 : Day & Night Tour (Timing: 1400 – 2200 hrs)



Visit to a very famous art of Hyderabad Shilpramam is a crafts and culture exhibition village. Enjoy the Sound & Light Show at Golconda Fort. Take a boat ride in Hussain Sagar Lake to get a clear view of Lord Buddha Statue & enjoy the delicious dinner in paradise restaurant

Lt03 : Ramoji Film City Tour (Timing: 0900 – 2000 hrs)



Full day excursion to Ramoji Film City the ultimate multi-faceted holiday-maker's destination. Ramoji Film City, a tribute to the bewitching magic of cinema, is the dream destination for entertainment and relaxation. Millions of tourists from all over the world come to the complex every month to revel in its infinite leisure and recreation options. Spread over idyllic 2,500 acres and studded with hills, woods, and lakes and striking architectural triumphs. Ramoji Film City is one of Asia's fastest growing tourism destinations.

Lt04 : Children Special Tour (Timing: 1000-1800 hrs)



A visit to Zoo Park where you see tiger, lion, monkeys, birds and many other African animals and other animals from around the world. Evening enjoy the rides at NTR park or Lumbini park where you can also enjoy the laser show.

Lt05 : Nagarguna Sagar & Srisailam Tour (1 Night / 2 Days)



Day1: After breakfast pick-up from city hotel/station/airport and departure to Nagarjuna Sagar (170 kms / 3 hrs). Visit Nagarjuna Sagar Dam (Largest Dam in India), Museum, Ethipothala waterfalls and later proceed to Srisailam (180 kms / 4 hrs). Transfer to Hotel/Guest House for dinner and overnight stay.

Day2: After breakfast proceed to visit Bhramaramba Mallikarjuna Swamy Temple, Paladhara, Panchadhara, Sikharam and Sakshi Ganapathy. Later depart to Hyderabad (220 kms / 5 hrs).

For bookings and more details, please contact: Mr. Harikesh Lamba at tours@apicon2016.in